WHAT IS CLAIMED IS:

1. A method of heat-treatment of a package, comprising the steps of: placing a number of packages in a retort,

pressurising the retort to a first pressure by the supply of a gaseous pressurisation medium with low moisture content, such as air or the like,

supplying a heating medium for heating the package and the product packed in the package,

raising, in connection with the supply of the heating medium, the pressure in the retort to a second pressure, and

reducing, during the final phase of the heat-treatment, the pressure in the retort in such a manner that the pressure of the product packed in the package is higher than or equal to the pressure prevailing in the retort outside the package.

- 2. The method as claimed in Claim 1, wherein said first pressure is at least approximately 1 bar, preferably approximately 2 bar, or more preferably 3 bar.
 - 3. The method as claimed in Claim 1, wherein said first pressure is approximately the same as said second pressure.

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- 4. The method as claimed in any of the preceding Claims, wherein said second pressure is of the order of magnitude of 3 to 6 bar, preferably approximately 4 to 5 bar.
- 5. The method as claimed in any of the preceding Claims, wherein said heating medium is steam.
 - 6. The method as claimed in Claim 5, further comprising the step of supplying water via a number of nozzles to the outside of the packages.

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7. The method as claimed in any of the preceding Claims, comprising the step of selecting, as package, a package of a paper-based packaging laminate.